



Montgomery County ***SENIOR VITAL LIVING***

supporting the independence of seniors

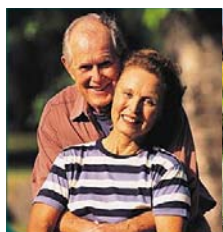
What is Senior Vital Living and Why is it Important to You?



A sea change has taken place in how Americans think about aging and retirement. Once thought of as a time for rest and relaxation; today, many retired adults are embracing a retirement that is filled with meaningful activity; a time to begin a new chapter in life by being active, involved, and setting new goals. Finding a new direction, learning about all the possibilities, using your experience and knowledge and continuing to learn and grow are key elements of the Vital Living philosophy.

This web site provides links to resources in Montgomery County that will help you to achieve your vital living goals. There are links to **Life Long Learning, Employment, Recreation, and Opportunities for Meaningful Civic/Community Engagement**. We are interested in your thoughts about senior vital living. You can reach us at

vital.living@montgomerycountymd.gov



VITAL LIVING OPTIONS FOR SENIORS

LIFELONG LEARNING



THE LIFELONG LEARNING INSTITUTE AT MONTGOMERY COLLEGE

Courses are offered at the three campuses of Montgomery College as well as locations throughout the community. On-Line Courses are also available. Maryland residents age 60 years of age or older may receive a tuition waiver for designated courses. The Lifelong Learning Institute can be reached at 301-353-7869.



<http://www.montgomerycollege.edu/> Click on Continuing Education, click on Subject, click on Lifelong learning.

EVERGREEN SOCIETY – JOHNS HOPKINS UNIVERSITY

Dedicated to lifelong learning, the Hopkins Evergreen Society was created under the auspices of the School of Professional Studies in Business and Education in 1986. The Evergreen Society's mission is to enhance the leisure time of semi-retired and retired individuals by providing stimulating learning experiences and the opportunity for new friendships. Classes meet during the day on Tuesday, Wednesday, and Thursday.

For additional information on membership or upcoming previews, please contact the Evergreen Society's administrative office in

Baltimore/Columbia at 410-309-9531 or Montgomery County (Rockville) at 301-294-7058

<http://evergreen.jhu.edu>.



MONTGOMERY COUNTY PUBLIC SCHOOLS ADULT EDUCATION

Enrollment is open to all adults. Senior citizens (65 years or older) who are Montgomery County residents may enroll in most Adult Education programs at reduced tuition rates. Courses are offered in schools and community centers throughout the county. Course catalogs are available on-line, print catalogs can be found at local libraries. The Adult Education Program can be reached at 301-929-2025

<http://www.mcps.k12.md.us/adulted/>

MONTGOMERY COUNTY PUBLIC LIBRARIES

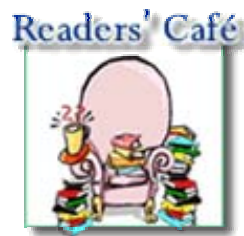


Montgomery County provides a library system with 20 full-service branches and five special service units. Programs and services are designed to help all residents achieve lifelong learning and enrich their lives. The latest technology allows customers to access the library catalog and full-text databases, ask questions and renew materials 24 hours a day, seven days a week.



Multicultural Services - If your first language is not English and you need help from the public library in asking a question, an interpretation service is available. Call Telephone Reference at 240-777-0001. Also, there are regular meetings for those interested in improving their

English language skills, in an informal setting, with other English language learners. <http://www.montgomerylibrary.org/>



The Café Menu: Reader's Choice, Librarian's Choice, Lost in the Stacks, Author of the Month, Book Discussions, Chapter a Day and many more choices. Visit the Reader's Café at <http://www.montgomerylibrary.org/>.

Computer Training: Many Montgomery County libraries offer computer training. For further information, contact your local library



Senior Leadership Montgomery is an 8-session program that provides a venue for older adults to learn about the community and its issues. The program also offers new



opportunities for collaborative and individual community service. Session topics include: Public Safety; Transportation; Education; Health and Human Services; and Arts and Humanities. For more information call Leadership Montgomery at 301 881-3333.

<http://www.leadershipmontgomerymd.org>

SENIOR CENTERS

Catch the Excitement

The **Senior Programs of Montgomery County Department of Recreation** offer a wide variety of energizing and enjoyable programs specifically designed for adults who wish to maintain healthy and fulfilling lives and are at least 55 years of age. As diverse as the people they serve, these offerings provide a broad spectrum of opportunities and experiences. For further information click on <http://www.montgomerycountymd.gov> Click on Government, click on Aging Services then click on Senior Programs and Events. Or call Senior Programs & Events 301-468- 4540 for further information.

Bethesda Senior Source - The Bethesda Senior Source, a model partnership between Holy Cross Hospital and Montgomery County government, is a unique health education and wellness center focused on intellectually stimulating classes and social events for senior adults 55 years of age and older. Our goal is to encourage health and wellness in a relaxed and enjoyable setting. For information call: 301-951-1990 or go to www.holycrosshealth.org Click on Senior Services then click on Bethesda Senior Source.

Rockville Senior Center - Seniors participate in a wide array of recreational activities, classes, and programs, and take advantage of social services provided just for seniors, such as health insurance counseling, blood pressure screening, cholesterol screening, etc. Yearly favorites are exciting trips to dozens of local attractions, as well as to far away places such as Alaska and Hawaii! The center is located at 1150 Carnation Dr. Rockville. For further information call: 240-314-8800. or go to the web site at www.ci.rockville.md.us Click on Search and enter Senior Center.

Gaithersburg UpCounty Senior Center - *At the Gaithersburg UpCounty*

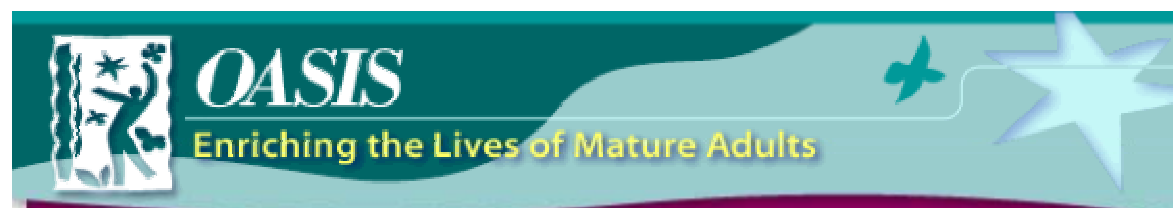
Senior Center we will challenge your mind and body and enhance your spirit. It's a great place to meet new friends!



The Gaithersburg UpCounty Senior Center serves Gaithersburg and residents of Upper Montgomery County by offering a variety of classes, trips, special events, activities and a lunch program for senior citizens 55 years of age and older. For information call 301-258-6380 or go to www.ci.gaithersburg.md.us Click on City Services and then click Senior Services.



THE INSTITUTE FOR LEARNING IN RETIREMENT (ILR) at American University is dedicated to the proposition that learning is a lifelong process. ILR has developed an exciting program of study for retired and intellectually active persons who wish to pursue learning with others of like curiosity. The ILR believes in the concept that people learn from each other in a variety of ways, by listening, reading, discussing, leading or making presentations to groups, and by informal conversations during social interludes. There are no tests or papers, no degrees, credits or grades -- just the pleasure of learning. For information call: 202-885-3920 or internet www.american.edu/ilr



OASIS is a national nonprofit educational organization designed to enhance the quality of life for mature adults. Offering challenging programs in the arts, humanities, wellness, technology and volunteer service, OASIS creates opportunities for older adults to continue their personal growth and provide meaningful service to the community. For information in Gaithersburg call: 301/869-1508 and in Chevy Chase DC call: 202/686-9760. www.oasisnet.org/



GOLDEN IDENTIFICATION CARD FOR SENIOR CITIZENS OF MARYLAND

The purpose of this card is to make the University's services and courses available to citizens who are residents of the State of Maryland, 60 years of age or older, and retired (retired persons will be considered those who affirm that they are not engaged in gainful employment for more than 20 hours per week). Individuals who meet these requirements may apply for Undergraduate or Graduate admission either as degree or non-degree students, and must meet the same admissions criteria pertaining to either category as do all applicants. Once admitted and issued the Golden Identification Card, senior citizens may register for courses in any session on a space-available basis, and use the library and other campus facilities during the time they are enrolled in courses. Tuition is waived; however, there are registration/application fees. Golden ID Card holders may register for up to 3 courses, but may not pre-register-- they must register during the first week of classes. For more information call 301-314-8219 or go to www.testudo.umd.edu/soc/goldenid.html



Join us in this great adventure in lifelong learning through active engagement in stimulating educational activities. Enjoy camaraderie, personal growth and the joy of learning in a friendly community of active adult learners age 50 and over. For more information call 301-403-4467 ssimson@deans.umd.edu

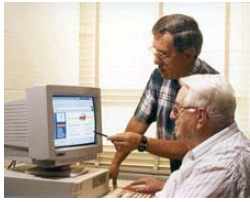
COMPUTER TRAINING DESIGNED FOR SENIORS

SENIORNET COMPUTER TRAINING CENTERS

At seven SeniorNet Computer Training Centers, 80 volunteers - all seniors themselves - teach computer basics, word processing, e-mail and more to students age 50 and older. The SeniorNet Centers are located throughout the metro area. In Suburban Maryland, the JCA SeniorNet Centers are at Asbury Methodist Village, Gaithersburg and the headquarters of Senior Service America Inc. in Silver Spring. An eighth SeniorNet -- one "without walls" -- travels metro-wide to locations where regular JCA centers don't exist. For information, call **(301) 255-4217** or send e-mail to tsimmons@jcagw.org.



SENIOR CENTERS



Many Senior Centers in the County offer Computer Training. Among the county senior centers Holiday Park Senior Center 301-468-4448 and the Margaret Schwienhaut Senior Center 301-681-1255 have the largest programs. The Bethesda Senior Source 301-951-1990 and the Rockville Senior Center 301-309-3050 also offer computer courses.

LIFELONG LEARNING INSTITUTE AT MONTGOMERY COLLEGE

Computer courses are offered at the Rockville Campus and Westfield South in Wheaton. Call 301-353-7869 for further information.

VOLUNTEERING FOR PUBLIC AND NON-PROFIT ORGANIZATIONS SERVING SENIORS



MONTGOMERY COUNTY VOLUNTEER CENTER

"Mobilizing people and resources to deliver creative solutions to community problems." The center provides a comprehensive guide to the abundant volunteer opportunities available in Montgomery County. These opportunities can be found on their web site or make an appointment to meet with a volunteer counselor to assist you in finding the right opportunity for you. For information call 240-777-2600

<http://www.montgomerycountymd.gov> Click on Volunteers on the sidebar

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP, the Retired and Senior Volunteer Program, is a nationwide volunteer program for individuals over the age of 55 which is sponsored locally by the Montgomery County Volunteer Center. RSVP assists seniors in finding interesting and rewarding volunteer opportunities based on their skills, interests, life experience, geographic preference and time availability.

Currently, over 600 RSVP members volunteer in a wide variety of local public and private nonprofit organizations throughout the county.

RSVP special programs include:

- The SAVIE (Senior Adult Volunteers in Education) Program - over 100 senior volunteers work in the public schools as tutors, teacher's helpers, playground aides, and media center assistants.
- The RSVP/AARP Tax Aide Program - over 150 senior volunteers help prepare income-tax returns for low- and moderate-income citizens.
- RSVP volunteers create teaching aides and knitted items which are donated to Head Start, Children's Hospital and other organizations.
- RSVP volunteers work in agencies providing direct services to seniors such as peer counseling, support groups, transportation, and nutrition.

For more information call 240-777-2600 or check the web site:

<http://www.montgomerycountymd.gov> Click on Volunteers on the sidebar.

MONTGOMERY COUNTY BOARDS, COMMITTEES AND COMMISSIONS



The County Executive and County Council encourage people who live or work in Montgomery County to become actively involved in matters affecting the quality of life in Montgomery County. Appointments are made to over 75 Boards, Committees, and Commissions (B/C/Cs) by the County Executive, with confirmation by the County Council. Generally, B/C/Cs meet one or two evenings per month, have three year terms, and most are advisory in nature. Most members of B/C/Cs are not compensated, but mileage and dependent care expenses may be reimbursed. Vacancies are published in area newspapers. Please visit our web site for a listing of all B/C/Cs.

<http://www.montgomerycountymd.gov> Click on Volunteers on the side bar

MONTGOMERY COUNTY PUBLIC LIBRARIES

Volunteers are a vital part of the library team. Generally, volunteers do not work directly with the public; however, there are many critical operations which volunteers perform that release the staff to assist library users. The best way to become a library volunteer is to call the library where you wish

to volunteer. <http://www.montgomerylibrary.org/> Click Get Involved on the side bar.

LONG TERM CARE OMBUDSMAN PROGRAM

The Long Term Care Ombudsman Program is a program of the Montgomery County Department of Health and Human Services, Aging and Disability Services. Volunteers are assigned to nursing homes and assisted living facilities. They act to resolve problems brought to them by residents or those who care for residents. They educate residents and families about their rights and work to empower them to seek positive changes for residents.

Extensive training and support are provided. For information about volunteering to be a Nursing Home Ombudsman call 240-777-3369. For information about volunteering to be an Assisted Living Ombudsman call 240-777-3910.

INTERAGES



Intergenerational Resource Center. Interages staff and volunteers provide enrichment activities and services in the county public schools and senior facilities. Interages is an award-winning non-profit organization that is dedicated to developing interactive, intergenerational programs that are mutually beneficial to seniors and children throughout Montgomery County. The mission of Interages, Inc. is to build bridges across generations and cultures. For further information call: 301-949-3551 or visit the web site at <http://www.interages.com>

COMMUNITY MINISTRY OF MONTGOMERY COUNTY

Community Ministry of Montgomery County's mission is to pursue social justice with an emphasis on identifying and meeting the needs of the poor by leading and engaging Montgomery County's faith communities in service, education, and advocacy. For more information call 301-762-8682



<http://www.communityministrymc.org/>

JEWISH COUNCIL FOR THE AGING

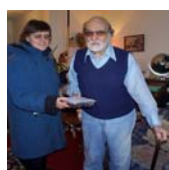
Volunteers are the heart and soul of JCA. Volunteers include young people and old: retirees, students, homemakers, physicians, accountants, photographers, and you-name-it. They keep JCA on the cutting edge of

program quality and in step with community needs. All told, more than 500 volunteers serve in the JCA programs. 301-881-8782 <http://www.jcagw.org>

THE SENIOR CONNECTION

The Senior Connection is a positive community force. Each month more than 120 volunteers provide transportation and other supportive services to older persons that enable them to maintain their independence and dignity while remaining integral members of their communities. For more information call: 301-962-0820

MEALS ON WHEELS



Volunteers deliver one hot and one cold meal per day to the homebound elderly and disabled, allowing them to live healthy, independent lives. For general information call 240-777-3810.

AMERICAN RED CROSS



Join the Red Cross team by donating your time and talents. Volunteers are active in every facet of the Chapter's work. Their activities range from program development to fundraising, disaster relief, providing health and safety instruction, and greeting people at the front desk. For more information call 301-588-2515.

<http://www.redcrossnca.org>

RED CROSS SHOPPERS PROGRAM

The Red Cross Shoppers Program is partially grant-funded and was created to help those who are unable to shop for groceries independently. The Shoppers Program matches Red Cross volunteers with an elderly or disabled resident in Montgomery County taking him or her shopping every week or whenever necessary. In some cases, the volunteer takes a shopping list, does the shopping, and delivers the groceries to the individual's home. The objective is to ensure that elderly and disabled



residents have groceries and contact with the outside which often results in friendship. For more information call (301) 628-0090

<http://www.redcrossdc.org/Community>

SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

“Educating people to help themselves.” Volunteers provide information and counseling on topics such as Medicare, Medigap policies, Long Term Care Insurance, Medical Assistance, Curbing Fraud and Abuse in Medicare and Medicaid, and Prescription Drug Programs. Call 301-590-2819 or visit the web site at:

<http://www.medicarehelp.org/>

MENTAL HEALTH ASSOCIATION OF MONTGOMERY COUNTY

<http://www.mhamc.org> – Click on Programs then scroll to:

Telephone: 301-424-0656

Representative Payee/Bill Payer

Provides financial supervision for Montgomery County adults who receive a government benefit that they are unable to manage because of a physical or mental disability. Program clients are matched with a trained volunteer who manages the monthly benefit for the client.

Friendly Visitor Program

Provides friendship, companionship and access to resources to adults who are isolated and lonely due to physical problems that make them homebound. These adults have lived rich lives and enjoy sharing their experiences with people who care. Trained volunteers visit their friends in private homes, group homes and assisted living facilities.



Pets on Wheels

Trained volunteers bring pets, screened for appropriateness, to visit elderly in nursing homes, group homes and other facilities. The friendship and unconditional love provided by an animal can help to overcome feelings of loneliness and isolation.



Widowed Persons Services

Outreach Volunteers offer support to newly widowed men and women as they adjust to their new status and rebuild their lives. A monthly newsletter is published. Call (301) 949-7398 for more information.

THE METROPOLITAN WASHINGTON EAR

The Metropolitan Washington Ear is a non profit organization serving visually impaired persons in the Washington region. Volunteers read for radio broadcasts and a dial-in newspaper and magazine service; research information, participate in a speaker's bureau and help with office duties. Call 301-681-6636 for more information.

www.information@washear.org

SELF-HELP FOR HARD OF HEARING PEOPLE INC. (McSHHH)



McSHHH is the Montgomery County chapter of Self Help for Hard of Hearing People. SHHH is a national, non-profit, non-sectarian, educational organization devoted to the welfare and interests of those who cannot hear well. SHHH and our members are catalysts who make mainstream society more accessible to people who are hard of hearing. Many hard of hearing people come to SHHH with a long history of volunteer service. Often they continue their service to others by becoming officers of the SHHH chapter or state association, and/or representing hard of hearing people on state or federal committees. For more information call 301-657-2248. <http://members.tripod.com>

SERVICES FOR THE VISUALLY IMPAIRED



Volunteers are needed to help visually impaired people throughout the Washington Area with reading, shopping, recording printed materials on audio cassette, and providing transportation to cultural and recreational activities. Volunteering two hours a week will help a visually impaired person remain independent. For more information call 301-589-0894. www.servicesvi.org

LEGACY LEADERSHIP MARYLAND

Legacy Leadership Maryland provides a bridge between the needs of local communities and government in the State of Maryland and the knowledge and expertise of Maryland residents age 50+ who are seeking careers as volunteer service leaders. Legacy Leadership Maryland offers training and leadership opportunities in government offices and the nonprofit sector to Maryland residents age 50+ to facilitate their transition from paid employment into new careers as Service Leaders. This program develops informed and motivated individuals who are committed to contribute significantly as Legacy Service Leaders in the State of Maryland. Applications are accepted in the Spring/Summer and classes begin in the Fall. A maximum of 30 seniors can participate each year. For more information contact the University of Maryland Center on Aging at 301-405-2469.

EMPLOYMENT



MONTGOMERY COUNTY COMMISSION FOR WOMEN



The Commission for Women Counseling and Career Center provides a broad array of programs and services designed to meet the needs and interests of women in our community while fulfilling the Commission's mandate to address inequities women experience in society. Services at the Center include individual counseling for personal and career issues. The Center is also the provider of the State funded Displaced Homemaker Service offering special programs, including counseling, workshops and job development for

eligible participants. For more information call 240-777-8300

www.cfw@montgomerycountymd.gov

OVER 60 COUNSELING AND EMPLOYMENT SERVICE

Over 60 Counseling and Employment is a non-profit employment referral service administered by the Montgomery County Federation of Women's Clubs, Inc. It is not an employment agency. Applicants handle their own employer contacts, interviews, etc. Employers often request professional,

managerial and technical employees from their free community referral service. General clerical workers are also requested and the register includes full-time as well as part-time candidates. For more information call 301 652-8072. <http://www.oversixty.org/seniors.htm>

SENIOR AIDES PROGRAM

JCA Senior Aides Employment Program - 56 low-income elders are at work learning new skills through on-the-job training. This year, more than a dozen of these determined men and women will use their newly developed skills and experience to re-enter the job market and enjoy a better standard of living. Senior Aides must be at least 55 years old with income at or below 125 percent of the poverty line. Public contracts require that JCA limit this program to Montgomery County residents and Montgomery County training sites. For information call (301) 255-4206 or send e-mail to jwelker@jcagw.org.

MONTGOMERY WORKS

Montgomery Works is Montgomery County's One Stop Career Center, providing career planning and enhancement services for jobseekers and recruitment and staffing services for businesses. Comprised of a variety of public and private community partners, its primary mission is to provide a one-stop delivery system that simplifies access to workforce related career services. Offices are located at the Westfield South Building in Wheaton, telephone -301-946-1806 and Lakeforest Mall, telephone – 301-519-8253 <http://www.montgomeryworks.net>

ABLE SENIORS PROGRAM

Job Coaches provide intensive, personal support to meet the unique employment needs of each older job seeker. ABLE services are available at low cost and may include resume writing, role-playing job interviews, analyzing workplace skills and training needs, and even teaching techniques of dressing for success.

For information call (301) 255-4203 or send e-mail to jwelker@jcagw.org.

TRANSPORTATION



TRANSPORTATION OPTIONS FOR SENIORS AND PEOPLE WITH DISABILITIES

The Montgomery County Department of Health and Human Services and the Department of Public Works and Transportation have compiled a listing of useful transportation services to assist County residents to better coordinate their transportation needs. Visit the County's website, www.montgomerycountymd.gov and click on Residents and then Aging or Disability Services to see all of the available services.

Interested in Learning More about Vital Living
Take a look at these Sites

University of Minnesota – Vital
Aging Network
www.van.umn.edu

Civic Ventures
www.civicventures.org

The National Council on Aging
www.ncoa.org

New York State Office for the
Aging
<http://agingwell.state.ny.us>

We are interested in your thoughts on
Senior Vital Living and this web page
You can reach us at vital.living@montgomerycountymd.gov